



Compassionate Listening

Empowering individuals & communities to transform separation and conflict into opportunities for connection, healing and cultures of peace.

***a personal practice**

*** a skill set**

***a process**

***a healing gift**



Five Core Practices

- Cultivating Compassion
- Developing the Fair Witness
- Respect for Others and self
- Listening with the Heart
- Speaking with the Heart



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Benefits of Reflective Listening

- Gives the healing gift of being seen and heard in one's humanity.
- Speaker may gain a new insight about themselves, an AHA.
- Deepen our understanding of another so less misunderstanding.
- Connection/ relationship grows.
- Listener may grow in compassion.
- Critical step toward dialogue.
- A shift in perspective may occur.

CL Reflective Listening

*Getting as close to the heart
of what matters to the speaker as we can*

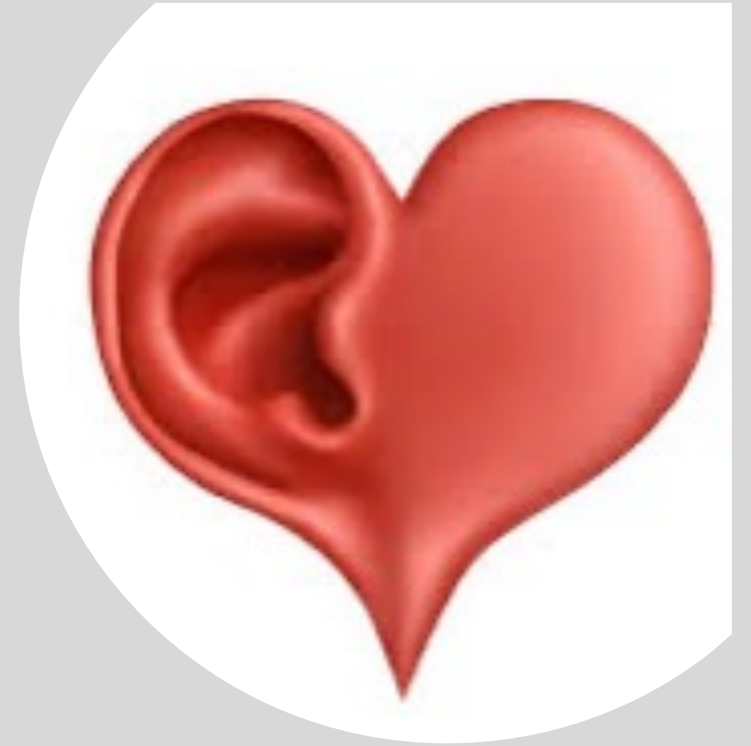
FACTS- what happened; like watching a movie; check accuracy

FEELINGS- explicit or implicit feelings; check for accuracy
Ex. sad, anxious, excited, angry, frustrated, calm, hurt, afraid

VALUES- what the person holds to be important at their core
Ex. connection, trust, service, equity, cooperation, fairness

While practicing Reflective Listening, **please stay clear of:**

- Questions except for accuracy
- Judgments
- Interpretations/ analysis
- Consoling/ fixing



Monasteriesoftheheart.org

Values

• Wholeness	Honesty	Truth	Simplicity
• Service	Sacredness	Safety	Responsibility
• Respect	Optimism	Love	Loyalty
• Learning	Justice	Integrity	Independence
• Belonging	unity	harmony	growth
• Collaboration	generosity	freedom	fairness
• Faith	equanimity	enthusiasm	transformation
• Equity	creativity	courage	cooperation
• Connection	compassion	accountability	balance

*Listening creates a holy silence.
When you listen generously to people,
they can hear the truth in themselves,
often for the first time.
And in the silence of listening,
you can know yourself in everyone.
Eventually, you may be able to hear,
in everyone and beyond everyone,
the unseen singing softly to itself and to you.*

-Rachel Naomi Remen. MD



Gail Sovie 2020

White People's Inner Work: Using Compassionate Listening to
Unpack Our Racist Patterns; adapted from The Compassionate
Listening Project materials

Some feeling words

- Glad
- Comfortable
- Content
- Delighted
- Excited
- Peaceful
- Vibrant
- Joyful
- Grateful
- Awed

- Mad
- angry
- aggravated
- enraged
- frustrated
- irked
- uneasy
- unsettled
- hateful
- infuriated

- Sad
- ashamed
- guilty
- depressed
- disappointed
- embarrassed
- grieving
- hurt
- despair
- lonely

- Afraid
- anxious
- concerned
- doubtful
- fearful
- insecure
- terrified
- worried
- vulnerable
- uptight

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Empowering individuals & communities to transform separation and conflict into opportunities for connection, healing and cultures of peace.

- **a personal practice**
- **a skill set**- to enhance interpersonal relations and navigate challenging conversations
- **a process** – to bring individuals and groups together to bridge their differences
- **a healing gift**